STOTT PILATES® Academy Partner of Pilates South Texas

Pilates South Texas is the exclusive Merrithew™ Licensed Training Center in Texas

Our objective is to provide thorough instruction training that progresses knowledge into professional growth and expertise.

Contact Information:
Chau Pham-Kid
(713) 520-7710
ckid@centerpose.com

MISSOURI:

Premier Pilates St. Louis

3808 S. Lindbergh Blvd. Suite 101 St. Louis, MO 63127

STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs) IN-STUDIO or VIRTUAL
Prerequisites: Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing

10 Days, 40 Hours
TBA

IR - Intensive Reformer, 2nd Edition (50 hrs) IN-STUDIO
Prerequisites: Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing

10 Days, 50 Hours
TBA

ICCB - Intensive Cadillac, Chair & Barrels (50 hrs) IN-STUDIO
Prerequisites: IMP Course or IR Course

ICAD - Intensive Cadillac Module (25 hrs)

5 Days, 25 Hours
Feb 24, 2027: Wed 11:00 AM - 4:30 PM
Feb 25-26, 2027: Thu, Fri 12:00 PM - 5:30 PM
Feb 27, 2027: Sat 1:00 PM - 6:30 PM
Feb 28, 2027: Sun 8:00 AM - 1:30 PM

ICHR - Intensive Chair Module (15 hrs)

3 Days, 15 Hours
Mar 11 - 13, 2027: Thu, Fri, Sat 11:00 AM - 4:30 PM

IBRL - Intensive Barrels Module (10 hrs)

2 Days, 10 Hours
Mar 9, 2027: Tue 1:00 PM - 6:30 PM
Mar 10, 2027: Mon 11:00 AM - 4:30 PM

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs) IN-STUDIO or VIRTUAL
Prerequisites: IMP Course

2 Days, 6 Hours
Mar 12 - 13, 2027: Fri, Sat 5:00 PM - 8:00 PM

AR - Advanced Reformer (18 hrs) IN-STUDIO
Prerequisites: IR Course

3 Days, 18 Hours
TBA

ACCB - Advanced Cadillac, Chair & Barrels (12 hrs) IN-STUDIO
Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)

ACAD - Advanced Cadillac Module (6 hrs)

1 Day, 6 Hours
Mar 14, 2027: Sun 8:00 AM - 2:30 PM

ACHR - Advanced Chair Module (3 hrs)

1 Day, 3 Hours
Mar 15, 2027: Mon 2:30 PM - 5:30 PM

ABRL - Advanced Barrels Module (3 hrs)

1 Day, 3 Hours
Mar 15, 2027: Mon 11:00 AM - 2:00 PM

ISP: Injuries & Special Populations (24 hrs) IN-STUDIO
Prerequisites: IMP Course or IR Course
Completion of this STOTT PILATES® Course is Required to Receive STOTT PILATES® Fully Certification Status

4 Days, 24 Hours
TBA

STOTT PILATES® Continuing Education

Prerequisites: Desire to learn & integrate the biomechanical movements and sequencing with confidence
Schedule: Central Time Zone

TBA

The full description and fee for each workshop is on Premier Pilates St. Louis Online Scheduler.

Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times

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(713) 520-7710
ckid@centerpose.com

TEXAS:

Elemental Movement & Alignment

506 Marsh Hawk, Clute, TX, United States, 77531

TBA

Keep Fit Yoga Pilates

4899 Hwy 6 Missouri City, 118A, Missouri City, TX 77459

STOTT PILATES® INTENSIVE PROGRAMS (Level 1) **Schedule:** Central Time Zone	**STOTT PILATES® ADVANCED PROGRAM (Level 2)** **Schedule:** Central Time Zone
IR - Intensive Reformer, 2nd Edition, Module 1 (30 hrs) IN-STUDIO **Prerequisites:** Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing 6 Days, 30 Hours Nov 28, 2026: Sat 2:00 PM - 7:30 PM Nov 29, 2026: Sun 12:00 PM - 5:30 PM Dec 12, 2026: Sat 8:00 AM - 1:30 PM Dec 19, 2026: Sat. 8:00 AM - 1:30 PM Dec 20, 2026: Sun 2:00 PM - 5:30 PM Dec 21, 2026: Mon. 3:00 PM - 8:30 PM	**AR - Advanced Reformer (18 hrs)** IN-STUDIO **Prerequisites:** IR Course 3 Days, 18 Hours TBA

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2162 Spring Stuebner Rd, Suite 150, Spring, TX 7738

STOTT PILATES® Continuing Education
Prerequisites: Desire to learn & integrate the biomechanical movements and sequencing with confidence
Schedule: Central Time Zone

STOTT PILATES® Matwork Flow with Weights IN-STUDIO or VIRTUAL
Dec 12, 2026: Sat 3:30 PM - 6:00 PM

The Pilates Concept

4201 Camp Bowie Blvd, Ste C, Fort Worth, TX 76107

TBA

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